

## Learn to Swim Programs with the City of Longmont

Our programs offer a variety of different swim lesson options for everyone from toddlers to adults. Below in the colored boxed are all our lesson options you can choose from. Each program offers a unique curriculum catering to different swimmers ages, skills, and comfort levels. Unsure of what class to choose? You can set up a time to test your ability's helping you choose the right swim class to sign up for. Arrange a FREE swim test at Centennial Pool, 303-651-8406 or Longmont Recreation Center 303-774-4800.

### Preschool Program

The Preschool Program follows the objectives of the American Red Cross Learn-to-Swim program, Levels 1-3, but further divides the skills to provide a learning environment better suited for preschoolers.

**3-5 years old • Lessons are 30 min**

#### Turtle: Water Introduction

Students with no or limited water experience and who are uncomfortable putting their face in the water.

#### Alligator: Skill Introduction

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn to float independently on front and back for 5 seconds.

#### Seal: Stroke Introduction

Pre-requisite: Must be able to float independently on front & back for 5 seconds. Students will learn to swim 5 body lengths on their front without stopping and become comfortable in deep water.

#### Dolphin: Skill Improvement

Pre-requisite: Must be able to swim 5 body lengths on their front without stopping and be comfortable in deep water. Students will learn rotary breathing, front crawl and elementary backstroke.

### Parent/Child:

#### Aqua Baby & Aqua Tot

**6 months to 3 years old - classes are 30 min** - Parent and child will be coached using a variety of games and techniques individualized to maximize water comfort and introduce swimming skills. Sessions can and should be repeated. A drop-in option is offered at 11am on Saturday mornings at Centennial Pool for \$4.25 resident / \$5.50 non-resident.

#### Aqua Baby

**6 -18 months.** Familiarize children between the ages of 6 months and 18 months with the water and teach swimming readiness skills.

#### Aqua Tot

**18 months – 3 yrs.** Swimmers will spend increasing amounts of time with the instructor practicing bubbles, floats, walking across the pool and playing. Improve skills learned in Aqua Baby and work on independence in the water.

### Private Swim or Dive Lessons

A limited number of instructors are available for private and semi-private instruction. Call Centennial Pool, 303-651-8406 or the Longmont Recreation Center, 303-774-4800 to add your name/number, pool, time & day preference to the private swim lesson waitlist.

#### Private Fee:

\$20 resident/ \$25 non-resident per 30 min

#### Semi-Priv. Fee:

\$30 resident /\$37.50 non-resident per 30 min (max. 3 students)

### American Red Cross Learn-to-Swim; Updated for 2015!

The ARC learn-to-swim program is a nationally recognized program designed to teach lifelong safety, survival and swimming skills.

**6 years & up • Level 1 & 2 are 30 min • Levels 3-5 are 40 min**

#### Level 1: Introduction to Water Skills

Geared for students with little or no water comfort. Students will become comfortable submerging their entire bodies in the water and learn to float independently on their front and back.

#### Level 2: Fundamental Aquatic Skills

Students who can float independently will learn how to tread water and swim 5 body lengths on their front without stopping.

#### Level 3: Stroke Development

Students will learn rotary breathing, front crawl and elementary backstroke. Successful completion is 25 yards combined front crawl and elementary backstroke.

#### Level 4: Stroke Improvement

Students will learn back crawl, breaststroke, sidestroke and butterfly, while building endurance in front crawl. Successful completion is 50 yards combined front crawl and elementary backstroke, and 25 yards combined breast-stroke and back crawl.

#### Level 5: Stroke Refinement

Students will continue to work on stroke technique while increasing endurance, flip turns and surface dives. Successful completion is 50 yards front crawl and 50 yards elementary backstroke nonstop, and 50 yards combined breast-stroke and back crawl.

### Water Explorers

**2 ½ - 3 years old • Classes are 30 min** Water Explorers is designed as a transition class for children who want more independence than the Aqua Tot class, but are still learning how to follow instructions without mom or dad in the water.

Water Explorers is perfect if your child is ready to be in the water without you, but is too young to start the Preschool program. Class size is smaller to help foster positive experiences while in the pool without mom or dad. Your child will explore the water through songs, games, and toys with an instructor and at the same time learn how to be part of a group, understand water safety rules and how to follow directions

### BLAST! Accelerated Swim Lessons- Revamped for 2015!

Blast, City of Longmont swim program, focuses on competitive stroke development and competency to best prepare swimmers for swim teams.

**5 years & up • Beginning Blast is 40 min • Blast 1-3 are 45 min**

#### Beginning Blast: Stroke Preparation

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn basic water skills including rhythmic breathing, floating, gliding and kicking.

#### Blast 1: Freestyle

Pre-requisite: Front & back float; front & back glide with flutter kick, combined freestyle arms & legs 15 ft. Students will focus on freestyle by developing good body position, stroke, flutter kick and bilateral breathing technique. Begin working on backstroke.

#### Blast 2: Backstroke

Pre-requisite: front & back streamline kick 15 ft; swim 25 yds freestyle w/bilateral breathing and proper kicking. Students will continue to work on freestyle technique. Focus on backstroke technique, including body roll, strong, consistent flutter kick, and stroke timing. Breaststroke kick and start dives also introduced in this level.

#### Blast 3—Butterfly & Breaststroke

Pre-requisite: swim 50 yds freestyle w/ proper technique, 25 yds backstroke, 25 yds breaststroke kick. Students will learn breaststroke and butterfly, focusing on stroke breakdown and timing. Continue refining freestyle & backstroke. Flip turns introduced.

### Teen/Tween

**11 years & up • Lessons are 40 min**

This class is for older youth looking to build confidence in their swimming skills while working with people around their same age. Group work, enhanced by individualized instruction, will assure you get what you need to become a confident swimmer.

### Individuals with Special Needs

City of Longmont Recreation Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. If you or your child have concerns or need special accommodation to participate in lessons, please call 303-651-8408. For individuals not ready for or comfortable participating in group lessons, please read on for information on private lessons.

## Indoor Lessons at Centennial Pool

Monday Morning				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/5-2/9	2/16-3/30	4/13-5/18
	Fee	\$24 / \$30	\$28 / \$35	\$24 / \$30
<b>Water Explorers</b>	11:25 AM	120014.1A	120014.2A	220014.3A
<b>Turtle</b>	10:50 AM	120021.1A	120021.2A	220021.3A
<b>Alligator</b>	10:15 AM	120022.1A	120022.2A	220022.3A
<b>Seal</b>	9:40 AM	120023.1A	120023.2A	220023.3A
<b>Dolphin</b>	9:05 AM	120024.1A	120024.2A	220024.3A

Wednesday Morning				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/7-2/11	2/18-4/1	4/15-5/20
	Fee	\$24 / \$30	\$28 / \$35	\$24 / \$30
<b>Water Explorers</b>	11:25 AM	120014.1B	120014.2B	220014.3B
<b>Turtle</b>	10:50 AM	120021.1B	120021.2B	220021.3B
<b>Alligator</b>	10:15 AM	120022.1B	120022.2B	220022.3B
<b>Seal</b>	9:40 AM	120023.1B	120023.2B	220023.3B
<b>Dolphin</b>	9:05 AM	120024.1B	120024.2B	220024.3B

Tuesday Morning		
	Time	Ssn 3
	Date	4/14-5/19
	Fee	\$24 / \$30
<b>Turtle</b>	10:10 AM	220221.3A
<b>Alligator</b>	9:35 AM	220222.3A
<b>Seal</b>	9:00 AM	220223.3A
<b>Dolphin</b>	10:45 AM	220224.3A

Thursday Morning		
	Time	Ssn 3
	Date	4/16-5/21
	Fee	\$24 / \$30
<b>Turtle</b>	10:10 AM	220221.3B
<b>Alligator</b>	9:35 AM	220222.3B
<b>Seal</b>	9:00 AM	220223.3B
<b>Dolphin</b>	10:45 AM	220224.3B

Monday & Wednesday Evening						
	Time	Ssn 1	Ssn2	Ssn 3	Ssn 4**	Ssn 5
	Date	1/5-1/28	2/2-2/25	3/2-3/18	3/23-4/22	4/27-5/13
	Fee	\$32 / \$40	\$32 / \$40	\$24 / \$30	\$32 / \$40	\$24 / \$30
<b>Water Explorers</b>	4:50 PM	120114.1A	120114.2A	220114.3A	220114.4A	220114.5A
<b>Turtle</b>	5:25 PM	120121.1A	120121.2A	220121.3A	220121.4A	220121.5A
<b>Alligator</b>	4:40 PM	120122.1A	120122.2A	220122.3A	220122.4A	220122.5A
	6:00 PM	120122.1B	120122.2B	220122.3B	220122.4B	220122.5B
<b>Seal</b>	4:50 PM	120123.1A	120123.2A	220123.3A	220123.4A	220123.5A
<b>Dolphin</b>	5:25 PM	120124.1A	120124.2A	220124.3A	220124.4A	220124.5A
<b>Level 1</b>	4:50 PM	120131.1A	120131.2A	220131.3A	220131.4A	220131.5A
<b>Level 2</b>	5:25 PM	120132.1A	120132.2A	220132.3A	220132.4A	220132.5A
<b>Level 3</b>	6:05 PM	120133.1A	120133.2A	220133.3A	220133.4A	220133.5A
<b>Level 4</b>	5:20 PM	120134.1A	120134.2A	220134.3A	220134.4A	220134.5A
<b>Level 5</b>	4:35 PM	120135.1A	120135.2A	220135.3A	220135.4A	220135.5A
	Fee	\$40/\$50	\$40/\$50	\$30/\$37.50	\$40/\$50	\$30/\$37.50
<b>Beginning Blast</b>	5:15 PM	120140.1A	120140.2A	220140.3A	220140.4A	220140.5A
<b>Blast 1</b>	6:00 PM	120141.1A	120141.2A	220141.3A	220141.4A	220141.5A
<b>Blast 2</b>	6:00 PM	120142.1A	120142.2A	220142.3A	220142.4A	220142.5A
<b>Blast 3</b>	6:00 PM	120143.1A	120143.2A	220143.3A	220143.4A	220143.5A

\*\*No Classes April 6 & 8

Saturday Morning				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/3-2/14	2/21-3/28	4/4-5/16
	Fee	\$28 / \$35	\$24 / \$30	\$28/\$35
<b>Aqua Tot</b>	9:55 AM	120612.1A	120612.2A	220612.3A
<b>Aquababy/tot<sup>†</sup></b>	11:00 AM	120613.1A	120613.2A	220613.3A
<b>Water Explorer</b>	11:05 AM	120614.1A	120614.2A	220614.3A
<b>Turtle</b>	9:20 AM	120621.1A	120621.2A	220621.3A
<b>Alligator</b>	8:45 AM	120622.1A	120622.2A	220622.3A
	10:30 AM	120622.1B	120622.2B	220622.3B
<b>Seal</b>	9:55 AM	120623.1A	120623.2A	220623.3A
<b>Dolphin</b>	10:30 AM	120624.1A	120624.2A	220624.3A
<b>Level 1</b>	10:45 AM	120631.1A	120631.2A	220631.3A
<b>Level 2</b>	10:10 AM	120632.1A	120632.2A	220632.3A
<b>Level 3</b>	9:30 AM	120633.1A	120633.2A	220633.3A
<b>Level 4</b>	10:15 AM	120634.1A	120634.2A	220634.3A
<b>Level 5</b>	8:45 AM	120635.1A	120635.2A	220635.3A
	Fee	\$35/\$43.75	\$30/\$37.50	\$35/\$43.75
<b>Beginning Blast</b>	9:10 AM	120640.1A	120640.2A	220640.3A
<b>Blast 1</b>	9:35 AM	120641.1A	120641.2A	220641.3A
<b>Blast 2</b>	8:45 AM	120642.1A	120642.2A	220642.3A
<b>Blast 3</b>	10:25 AM	120643.1A	120643.2A	220643.3A

Sunday Afternoon				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/4-2/15	2/22-3/29	4/12-5/17
	Fee	\$28 / \$35	\$24 / \$30	\$24 / \$30
<b>Aqua Baby</b>	4:20 PM	120711.1A	120711.2A	220711.3A
<b>Aqua Tot</b>	3:45 PM	120712.1A	120712.2A	220712.3A
<b>Water Explorers</b>	3:10 PM	120714.1A	120714.2A	220714.3A
<b>Turtle</b>	3:55 PM	120721.1A	120721.2A	220721.3A
<b>Alligator</b>	3:20 PM	120722.1A	120722.2A	220722.3A
	4:30 PM	120722.1B	120722.2B	220722.3B
<b>Seal</b>	2:45 PM	120723.1A	120723.2A	220723.3A
<b>Dolphin</b>	2:55 PM	120724.1A	120724.2A	220724.3A
<b>Level 1</b>	3:10 PM	120731.1A	120731.2A	220731.3A
<b>Level 2</b>	4:30 PM	120732.1A	120732.2A	220732.3A
<b>Level 3</b>	3:45 PM	120733.1A	120733.2A	220733.3A
<b>Level 4</b>	3:35 PM	120734.1A	120734.2A	220734.3A
<b>Level 5</b>	2:50 PM	120735.1A	120735.2A	220735.3A
<b>Teen/Tween</b>	4:20 PM	120751.1A	120751.2A	220751.3A
	Fee	\$35/\$43.75	\$30/\$37.50	\$30/\$37.50
<b>Beginning Blast</b>	3:30 PM	120740.1A	120740.2A	220740.3A
<b>Blast 1</b>	2:35 PM	120741.1A	120741.2A	220741.3A
	4:15 PM	120741.1B	120741.2B	220741.3B
<b>Blast 2</b>	3:25 PM	120742.1A	120742.2A	220742.3A
<b>Blast 3</b>	4:15 PM	120743.1A	120743.2A	220743.3A

<sup>†</sup>Drop In Class Option too!

# Indoor Lessons at Longmont Recreation Center

## Tuesday & Thursday Morning

	Time	Ssn 1	Ssn2	Ssn 3	Ssn 4*	Ssn 5
	Date	1/6-1/29	2/3-2/26	3/3-3/19	3/24-4/23	4/28-5/14
	Fee	\$32 / \$40	\$32 / \$40	\$24 / \$30	\$32 / \$40	\$24 / \$30
<b>Turtle</b>	9:30 AM	110221.1A	110221.2A	210221.3A	210221.4A	210221.5A
<b>Alligator</b>	8:55 AM	110222.1A	110222.2A	210222.3A	210222.4A	210222.5A
<b>Seal</b>	10:40 AM	110223.1A	110223.2A	210223.3A	210223.4A	210223.5A
<b>Dolphin</b>	11:15 AM	110224.1A	110224.2A	210224.3A	210224.4A	210224.5A
	Fee	\$16 / \$20	\$16 / \$20	\$12 / \$15	\$16 / \$20	\$12 / \$15
<b>Aquababy/tot</b> (Tues only)	10:05 AM	110213.1A	110213.2A	210213.3A	210213.4A	210213.5A
<b>Water Explorers</b> (Thur only)	10:05 AM	110214.1A	110214.2A	210214.3A	210214.4A	210214.5A

\*no classes April 7 & 9



## Tuesday Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/6-2/10	2/17-3/31	4/14-5/19
	Fee	\$24 / \$30	\$28 / \$35	\$24 / \$30
<b>Water Explorers</b>	3:45 PM	110314.1A	110314.2A	210314.3A
<b>Turtle</b>	3:45 PM	110321.1A	110321.2A	210321.3A
	4:20 PM	110321.1B	110321.2B	210321.3B
<b>Alligator</b>	3:45 PM	110322.1A	110322.2A	210322.3A
	4:20 PM	110322.1B	110322.2B	210322.3B
	4:55 PM	110322.1C	110322.2C	210322.3C
<b>Seal</b>	4:20 PM	110323.1A	110323.2A	210323.3A
	4:55 PM	110323.1B	110323.2B	210323.3B
<b>Dolphin</b>	5:30 PM	110324.1A	110324.2A	210324.3A
<b>Level 1</b>	5:30 PM	110331.1A	110331.2A	210331.3A
<b>Level 2</b>	4:55 PM	110332.1A	110332.2A	210332.3A
<b>Level 3</b>	4:00 PM	110333.1A	110333.2A	210333.3A
<b>Level 4</b>	4:45 PM	110334.1A	110334.2A	210334.3A
<b>Level 5</b>	5:30 PM	110335.1A	110335.2A	210335.3A
	Fee	\$30/ \$37.50	\$35 / \$43.75	\$30/ \$37.50
<b>Beginning Blast</b>	5:30 PM	110340.1A	110340.2A	210340.3A
<b>Blast 1</b>	3:45 PM	110341.1A	110341.2A	210341.3A
<b>Blast 2</b>	5:25 PM	110342.1A	110342.2A	210342.3A
<b>Blast 3</b>	4:35 PM	110343.1A	110343.2A	210343.3A

## Thursday Afternoon

	Time	Ssn 1	Ssn2	Ssn 3
	Date	1/8-2/12	2/19-4/2	4/16-5/21
	Fee	\$24 / \$30	\$28 / \$35	\$24 / \$30
<b>Turtle</b>	3:55 PM	110521.1A	110521.2A	210521.3A
	5:30 PM	110521.1B	110521.2B	210521.3B
<b>Alligator</b>	3:45 PM	110522.1A	110522.2A	210522.3A
	5:05 PM	110522.1B	110522.2B	210522.3B
<b>Seal</b>	4:20 PM	110523.1A	110523.2A	210523.3A
	5:30 PM	110523.1B	110523.2B	210523.3B
<b>Dolphin</b>	4:55 PM	110524.1A	110524.2A	210524.3A
<b>Level 1</b>	4:30 PM	110531.1A	110531.2A	210531.3A
<b>Level 2</b>	5:40 PM	110532.1A	110532.2A	210532.3A
<b>Level 3</b>	3:45 PM	110533.1A	110533.2A	210533.3A
<b>Level 4</b>	4:00 PM	110534.1A	110534.2A	210534.3A
<b>Level 5</b>	4:45 PM	110535.1A	110535.2A	210535.3A
	Fee	\$30/\$37.50	\$35 / \$43.75	\$30/\$37.50
<b>Beg Blast</b>	3:45 PM	110540.1A	110540.2A	210540.3A
	4:30 PM	110540.1B	110540.2B	210540.3B
<b>Blast 1</b>	5:15 PM	110541.1A	110541.2A	210541.3A
<b>Blast 2</b>	4:30 PM	110542.1A	110542.2A	210542.3A
<b>Blast 3</b>	5:20 PM	110543.1A	110543.2A	210543.3A

## Wednesday Afternoon

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/7-2/11	2/18-4/1	4/15-5/20
	Fee	\$24 / \$30	\$28 / \$35	\$24 / \$30
<b>Turtle</b>	12:00 PM	110421.1A	110421.2A	210421.3A
<b>Alligator</b>	12:35 PM	110422.1A	110422.2A	210422.3A
<b>Seal</b>	1:10 PM	110423.1A	110423.2A	210423.3A
<b>Dolphin</b>	1:45 PM	110424.1A	110424.2A	210424.3A

## Sunday Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/4-2/15	2/22-3/29	4/12-5/17
	Fee	\$28 / \$35	\$24 / \$30	\$24 / \$30
<b>Aqua Baby</b>	9:20 AM	110711.1A	110711.2A	210711.3A
<b>Aqua Tot</b>	9:55 AM	110712.1A	110712.2A	210712.3A
<b>Water Explorers</b>	10:30 AM	110714.1A	110714.2A	210714.3A
<b>Turtle</b>	8:30 AM	110721.1A	110721.2A	210721.3A
	10:15 AM	110721.1B	110721.2B	210721.3B
<b>Alligator</b>	8:30 AM	110722.1A	110722.2A	210722.3A
	9:05 AM	110722.1B	110722.2B	210722.3B
	10:25 AM	110722.1C	110722.2C	210722.3C
<b>Seal</b>	8:30 AM	110723.1A	110723.2A	210723.3A
	9:40 AM	110723.1B	110723.2B	210723.3B
<b>Dolphin</b>	10:35 AM	110724.1A	110724.2A	210724.3A
<b>Level 1</b>	9:05 AM	110731.1A	110731.2A	210731.3A
<b>Level 2</b>	10:10 AM	110732.1A	110732.2A	210732.3A
<b>Level 3</b>	9:50 AM	110733.1A	110733.2A	210733.3A
<b>Level 4</b>	9:05 AM	110734.1A	110734.2A	210734.3A
<b>Level 5</b>	8:35 AM	110735.1A	110735.2A	210735.3A
	Fee	\$35 / \$43.75	\$30 / \$37.50	\$30 / \$37.50
<b>Beginning Blast</b>	9:40 AM	110740.1A	110740.2A	210740.3A
<b>Blast 1</b>	8:30 AM	110741.1A	110741.2A	210741.3A
<b>Blast 2</b>	10:10 AM	110742.1A	110742.2A	210742.3A
<b>Blast 3</b>	9:20 AM	110743.1A	110743.2A	210743.3A

**Please Note:** The Longmont Recreation Center has open swim during swim lessons. If you and/or your family would like to swim before or after your swim lessons please check in at the front desk before going to the pool. Children 5 and under MUST have an adult in the water with them. Thank you for your cooperation.